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COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS.

U. S. DEPARTMENT OF AGRICULTURE
AND STATE AGRICULTURAL COLLEGES
COOPERATING.

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ADDITIONAL RECIPES, TESTED AND DETERMINED, FOR USE IN THE BOYS' AND GIRLS' HOME CANNING CLUB WORK.

FRUITS.

STRAWBERRIES.

Can fresh, sound berries same day picked. Hull (twist berries off hull), and place in strainer. Pour water over to cleanse. Pack in jar without crushing. Pour hot sirup over berries to top. Put rubber and cap in position, not tight. If using a hot-water bath outfit, sterilize 8 minutes; if using a water-seal outfit or a 5-pound steam-pressure outfit, sterilize 6 minutes; or if using an aluminum pressure-cooker outfit, sterilize 4 minutes. Remove jars. Tighten covers. Invert to cool and test the joint. Wrap jars with paper to prevent bleaching and store. (Sirup: $1\frac{1}{2}$ quarts sugar to 1 quart water, boiled to medium thick.)

STRAWBERRIES.

(Berries canned by this recipe will not rise to top of sirup.)

Use only fresh, ripe, firm, and sound berries. Prepare berries. Add 8 ounces of sugar and 2 tablespoonfuls of water to each quart of berries. Boil slowly for 15 minutes in enameled or acid-proof kettle, covered with a well-fitted cover while boiling. Allow berries to cool and remain over night in the covered kettle. Pack cold berries in glass jars. Put rubber and cap in position, not tight. (Cap and tip, if using enameled tin cans.) If using a hot-water bath outfit, sterilize 10 minutes; if using a water-seal outfit or a 5-pound steam-pressure outfit, sterilize 6 minutes; or if using an aluminum pressure-cooker outfit, sterilize 4 minutes. Remove jars. Tighten covers. Invert to cool and test the joint. Wrap jars with paper to prevent bleaching and store.

STRAWBERRY PRESERVE.

Make a sirup of 1 quart of water and 11 pounds of sugar and cook in an open kettle until a candy thermometer registers 265° when placed in the sirup. Add 8 pounds of berries to the sirup. Cook very slowly, just at the boiling point. Stop the cooking when the thermometer registers 219° and pour into shallow pans to cool. Hasten cooling by pouring sirup over berries. Skim while cooling. Fill into jars when cold and allow to stand unsealed for 4 days. Put rubber and cap in position, not tight. (Cap and tip, if using enameled tin cans.) If using a hot-water bath outfit, sterilize 20 minutes; if using a water-seal outfit, or a 5-pound steam-pressure outfit, or a pressure-cooker outfit, sterilize 15 minutes. Remove jars. Tighten covers. Invert to cool and test the joint. Wrap jars with paper to prevent bleaching and store.

CHERRY PRESERVE.

Place 1 gallon of water in a kettle and add 10 pounds of pitted cherries. Boil slowly for 18 minutes. Add 12 pounds of granulated sugar and cook until product is boiling at temperature of 219° . Cool quickly in shallow pans. Pack into glass jars. Put rubber and cap

in position, not tight. (Cap and tip if using enameled tin cans.) If using a hot-water bath outfit, sterilize 20 minutes; if using a water-seal outfit, or a 5-pound steam-pressure outfit, or a pressure-cooker outfit, sterilize 15 minutes. Remove jars. Tighten covers. Invert to cool and test the joint. Wrap jars with paper to prevent bleaching and store.

NOTE.—When using pressure-cooker outfits on preserves, keep the valve open during period of sterilization.

GRAPES.

Use fresh fruit evenly ripened. Pick from the stems, wash, and pack in glass jars. Cover with a thin boiling sirup. Put rubbers and caps in position, not tight. (Cap and tip if using enameled tin cans.) If using a hot-water bath outfit, sterilize 20 minutes; if using a water-seal outfit, sterilize 15 minutes; if using a 5-pound steam-pressure outfit, sterilize 15 minutes; or if using a pressure-cooker outfit, sterilize 8 minutes. Remove jars. Tighten covers. Invert to cool and test the joint. Wrap jars with paper to prevent bleaching and store.

WILD GRAPES.

Use fresh fruit evenly ripened. Pick from stems and wash. Pack in glass jars. Cover with thick, boiling sirup. Put rubbers and caps in position, not tight. (Cap and tip if using enameled tin can.) If using a hot-water bath outfit, sterilize 20 minutes; if using a water-seal outfit, sterilize 15 minutes; if using a 5-pound steam-pressure outfit, sterilize 12 minutes; or if using a pressure-cooker outfit, sterilize 8 minutes. Remove jars. Tighten covers. Invert to cool and test joint. Wrap jars with paper to prevent bleaching and store.

PINEAPPLE.

Use sound, ripe fruit. Prepare, peel, and core. Remove all eyes. Cut in convenient cross sections, and blanch 10 minutes. Cold dip. Pack in glass jars or enameled tin cans. Pour on boiling sirup, thin or medium. Put rubbers and caps in position, not tight. (Cap and tip if using enameled tin cans.) If using a hot-water bath outfit, sterilize 35 minutes; if using a water-seal outfit or a 5-pound steam-pressure outfit, sterilize 25 minutes; or if using a pressure-cooker outfit, sterilize 18 minutes. Remove jars. Tighten covers. Invert to cool and test joint. Wrap jars with paper to prevent bleaching and store.

NOTE.—The cores and inner peelings, either fresh or canned, if passed through a food chopper, furnish a satisfactory material for pie filling. This product, while not up to commercial standard, is of value for home use.

WILD PLUMS AND DAMSON PLUMS.

Grade fruit for size and ripeness. Wash and pack in glass jars. Fill with thin or medium boiling sirup. Put rubbers and caps in position, not tight. (Cap and tip if using enameled tin cans.) If using a hot-water bath outfit, sterilize 16 minutes; if using a water-seal outfit or a 5-pound steam-pressure outfit, sterilize 12 minutes; or if using a pressure-cooker outfit, sterilize 8 minutes. Remove jars. Tighten covers. Invert to cool and test joint. Wrap jars with paper to prevent bleaching and store.

HUCKLEBERRIES.

Stem and clean huckleberries. Pack in glass jars or enameled tin cans. Fill with thin boiling sirup. Put rubber and cap in position, not tight. (Cap and tip if using enameled tin cans.) If using a hot-water bath outfit, sterilize 20 minutes; if using a water-seal outfit or a 5-pound steam-pressure outfit, sterilize 15 minutes; or if using a pressure-cooker outfit, sterilize 10 minutes. Remove jars. Tighten covers. Invert to cool and test joint. Wrap jars with paper to prevent bleaching and store.

FIGS.

Select and grade stock. Blanch 6 minutes in boiling water and cold dip. Pack in glass jars or tin cans. Fill with medium sirup. Put rubber and cap in position, not tight. (Cap and tip if using enameled tin cans.) If using a hot-water bath outfit, sterilize 40 minutes;

if using a water-seal outfit, sterilize 30 minutes; if using a 5-pound steam-pressure outfit, sterilize 25 minutes; or if using a pressure-cooker outfit, sterilize 20 minutes. Remove jars. Tighten covers. Invert to cool and test the joint. Wrap jars with paper to prevent bleaching and store.

VEGETABLES AND HERBS.

EGGPLANT.

Remove the skin of the eggplant and slice across the fruit. Make slices about one-half or three-fourths of an inch thick. Blanch 3 minutes in boiling water to which has been added a tablespoonful of salt per quart. Plunge into cold water and pack in glass jars. Fill with boiling hot water and add a level teaspoonful of salt per quart. Put rubber and cap in position, not tight. (Cap and tip if using enameled tin cans.) If using a hot-water bath outfit, sterilize 60 minutes; if using a water-seal outfit or a 5-pound steam-pressure outfit, sterilize 45 minutes; or if using an aluminum pressure-cooker outfit, sterilize 30 minutes. Remove jars. Tighten covers. Invert to cool and test the joint. Wrap jars with paper to prevent bleaching and store.

RHUBARB.

Wash stalks clean. Cut into pieces three-fourths of an inch in length. (Do not remove skin.) Blanch 2 minutes. Cold dip. Pack in glass jars. (Do not use tin cans.) Pour on thick sirup, boiling. Put rubber and cap in position, not tight. If using a hot-water bath outfit, sterilize 20 minutes; if using a water-seal outfit or a 5-pound steam-pressure outfit, sterilize 15 minutes; or if using an aluminum pressure-cooker outfit, sterilize 10 minutes. Remove jars. Tighten covers. Invert to cool and test the joint. Wrap jars with paper to prevent bleaching and store.

CORN AND TOMATO (COMBINATION).

Blanch fresh corn on the cob 6 minutes. Cold dip. Cut corn from cob, cutting from tip to butt. Blanch tomatoes $1\frac{1}{2}$ minutes and cold dip. Remove skin and core. Chop tomatoes into medium pieces. Mix thoroughly two parts of tomatoes with one part of corn. Pack in glass jars or tin cans. Add a level teaspoonful of salt per quart. Put rubber and cap in position, not tight. (Cap and tip if using enameled tin cans.) If using a hot-water bath outfit, sterilize 90 minutes; if using a water-seal outfit, sterilize 75 minutes; if using a 5-pound steam-pressure outfit, sterilize 60 minutes; or if using an aluminum pressure-cooker outfit, sterilize 45 minutes. Remove jars. Tighten covers. Invert to cool and test the joint. Wrap jars with paper to prevent bleaching and store.

CORN, TOMATOES, AND STRING BEANS (COMBINATION).

Use one part of corn, one part of green string beans, and three parts of tomatoes. Blanch fresh corn on the cob for 6 minutes and cold dip. Cut corn from the cob, cutting from tip to butt. Prepare string beans and cut into convenient lengths. Blanch 4 minutes and cold dip. Blanch tomatoes 1 to 3 minutes and cold dip. Remove skin and core. Cut into medium pieces. Mix thoroughly. Pack in glass jars or enameled tin cans. Put rubbers and caps in position, not tight. (Cap and tip if using enameled tin cans.) If using a hot-water bath outfit, sterilize 90 minutes; if using a water-seal outfit, sterilize 75 minutes; if using a 5-pound steam-pressure outfit, sterilize 60 minutes; or if using an aluminum pressure-cooker outfit, sterilize 45 minutes. Remove jars. Tighten covers. Invert to cool and test the joint. Wrap jars with paper to prevent bleaching and store.

SWEET PEPPERS.

Use either red or green peppers. Place the peppers in the oven and bake until the skins separate from the meat. Remove the skins. Pack solid in glass jars or tin cans. Pour on

boiling water and add one level teaspoonful of salt per pint. Put rubber and cap in position, not tight. (Cap and tip if using enameled tin cans.) If using a hot-water bath outfit, sterilize 90 minutes; if using a water-seal outfit, sterilize 75 minutes; if using a 5-pound steam-pressure outfit, sterilize 60 minutes; or if using an aluminum pressure-cooker outfit, sterilize 40 minutes. Remove jars. Tighten covers. Invert to cool and test the joint. Wrap jars with paper to prevent bleaching and store.

CABBAGE OR BRUSSEL SPROUTS.

Use small, solid heads. Cut into convenient sections and remove core. Blanch 10 minutes. Cold dip. (See cauliflower.) Pack in glass jars or enameled tin cans. Pour on boiling water and add a level teaspoonful of salt per pint. Put rubber and cap in position, not tight. (Cap and tip if using enameled tin cans.) If using a hot-water bath outfit, sterilize 90 minutes; if using a water-seal outfit, sterilize 75 minutes; if using a 5-pound steam-pressure outfit, sterilize 60 minutes; or if using an aluminum pressure-cooker outfit, sterilize 45 minutes. Remove jars. Tighten covers. Invert to cool and test the joint. Wrap jars with paper to prevent bleaching and store.

CAULIFLOWER.

Use the flowered portion. Blanch 3 minutes. Plunge into cold brine (one-half pound salt to 12 quarts water.) Allow cauliflower to remain in this brine for 12 hours. Pack in glass jars or enameled tin cans. Fill with boiling water and level teaspoonful of salt per quart. Put rubber and cap in position, not tight. (Cap and tip if using enameled tin cans.) If using a hot-water bath outfit, sterilize 45 minutes; if using a water-seal outfit, sterilize 35 minutes; if using a 5-pound steam-pressure outfit, sterilize 30 minutes; or if using an aluminum pressure-cooker outfit, sterilize 20 minutes. Remove jars. Tighten covers. Invert to cool and test the joint. Wrap jars with paper to prevent bleaching and store.

MUSHROOMS.

Caution.—Unless you are absolutely sure that you know a mushroom when you see it, do not run the risk of gathering and using for food what you may think are mushrooms. A very large number of people are poisoned every year because of carelessness along this line. There are four or five other plants of the mushroom-toadstool varieties that are very poisonous, and they resemble the edible mushrooms very much. Can mushrooms immediately after picking; if allowed to stand they become unfit for use. (See Farmers' Bulletin 204, "Cultivation of Mushrooms.")

Canning of mushrooms.—Wash and trim the mushrooms. If small, can them whole; if large, they may be cut into sections. Blanch mushrooms in boiling water for 5 minutes. Remove and plunge quickly into very cold water. Pack in glass jars, and add boiling hot water to cover; 1 level teaspoonful of salt to the quart. Place rubber and cap in position, not tight. If using a hot-water bath outfit, sterilize 90 minutes; if using a water-seal outfit, sterilize 60 minutes; if using a 5-pound steam-pressure outfit, sterilize 50 minutes; or if using an aluminum pressure-cooker outfit, sterilize under 10 pounds of steam for 20 minutes. Remove jars. Tighten covers. Invert to cool and test joints. Wrap the glass jars in paper to prevent bleaching and store.

If canning mushrooms in tin, always use lacquered cans. Do not fail to blanch and cold dip before packing, and remove the mushrooms immediately after opening the tin cans.

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